Session Five

Purgative Chinese Herbal Medicine
Aromatic Chinese Herbal Medicine
Open the orifices, Transform damp

Chinese Medicine Department
Session Aims

- Discuss the Chinese herbs that alleviate heat through the identifying the name, investigating medicinal properties, medicinal efficacies and main clinical applications, usage/dosage, and contraindications:
  - Purgative herbs
    - aggressively purgative, moistening laxatives, strong laxatives
  - Aromatic herbs (aromatic open orifices/damp-resolving herbs)

- Identify and group the major common differentiating actions of these herbs into further sub-classes; and

- Discuss some of the pharmacological research that relates to each Chinese herb discussed.
Purgative and Drain Herb Properties

- “Herbs can cause diarrhea or lubricate the large intestine, aid in moving the bowels or relieve constipation”

- Three taste types are traditionally used here. These include:
  - **Bitter | Cold**: Downward movement and subdues rebellion. These herbs can be used in the management of heat in the intestines, heat in the taiyang channel, heat in the stomach and large intestines (diminishing absorption) and infections that lead to heat or fire condition that also have an underlying liver or kidney yin deficiency (Hempen and Fischer 2009). Herbs included under this category are Da Huang and Lu Hui;
  - **Salty | Cold**: downward movement, replenish fluids, softens hardness (especially dry stool) (Hempen and Fischer 2009). Herbs included under this category are Mang Xiao; and
  - **Sweet | Moisten**: Harmonize the intestines and relieve spasm (Hempen and Fischer 2009). Herbs included under this category are Huo Ma Ren, Yu Li Ren and Fan Xie Ye.
Herbs that Aggressively Purge

- Da Huang | Rhei rhizoma
- Mang Xiao | Natrii sulfas
- Fan Xie Ye | Sennae folium
Herbs that are Laxative in Nature and Moisten

- Huo Ma Ren | Cannabis semen
- Yu Li Ren | Pruni semen
Herbs that are Strong Laxatives

- **Ba Dou | Crotonis fructus**
- **Gan Sui | Euphorbiae kansui radix**
- **Da Ji | Euphorbiae pekinensis radix**
- **Yuan Hua | Genkwa flos**
- **Shang Lu | Phytolaccae radix**
Da Huang | Rhei rhizoma

- **Temperature:** Cold
- **Taste:** Bitter ; **Site of Action:** Spleen, stomach, large intestine, liver and heart
- **Actions:**
  - Clear heat (constipation due to heat; fever; profuse sweating; thirst; abdominal distension with pain);
  - Clears damp-heat (jaundice with urinary difficulty; abdominal distension; dysentery);
  - Unblocks the bowel/laxative (constipation or diarrhoea, due to heat, abdominal distension);
  - Drain fire (fire symptoms: blood in stools, bleeding haemorrhoids, nosebleeds, haematemesis, red eyes);
  - Break up blood stagnation (amenorrhoea, abdominal concretions, pelvic pain due to stasis, haematomas due to trauma, intestinal abscesses); and
  - Detoxifies and disinfects (topical use and internal administration for burns, sores, exanthemas)
- **Clinic applications :**
  - Stagnation in the stomach and intestine and obstruction of the bowels
  - Excess fire
  - Blood stasis
  - Jaundice of damp-heat and stranguria
- **Pharmacology:** Promotes intestinal mobility and motility, analgesic, anti-inflammatory, promotes the loss of electrolytes
- **Dosage:** 3-15gm
- **Cooking time:** <10 minutes
- **Contraindications:** Pregnancy, qi and xue xu, spleen xu, lactation
- **Da Huang** is one major purgative Chinese herb in the history and practice, used as main herb for the formulae:
  - Da Cheng Qi Tang
  - Da Huang Fu Zi Tang
  - Wen Pi Tang
  - Huang Long Tang
Mang Xiao | Natrii sulfas

- **Temperature**: Cold
- **Taste**: Bitter and salty; **Site of Action**: stomach, large intestine
- **Actions**:
  - Soften dried faeces; unblocks the bowels/laxative (constipation due to excess heat and dryness, heat obstruction in the stomach and small intestines);
  - Drains fire (aphthous ulcers);
  - Clears heat (constipation due to heat; inflamed sores; aphthous ulcers; painful, swollen red throat; inflammation of the eyes; sores in the mouth and pharynx, reddened skin lesions, inflammation of the breast);
  - Moistens dryness (red swollen and painful eyes; sores of the mouth and pharynx, skin lesions, breast lesions);
  - Breakup and dissolves concretions (painful; inflamed; ulcerative swelling); and
  - Dissipates swelling (painful inflammation; inflamed sores; breast sores; mastitis).
- **Clinic applications**:
  - Stagnation and constipation
  - Sore throat, aphthae, redness of eyes
  - External use of clearing heat and subsiding swelling
- **Pharmacology**: osmotic laxative, stimulates intestinal peristalsis, inhibits lactation if used topically on breasts
- **Dosage**: 6-12gm
- **Cooking time**: <1 minutes
- **Contraindications**: Spleen and stomach xu, elderly patients, during menstruation, pregnancy
### The differentiation between Da Huang and Mang Xiao

<table>
<thead>
<tr>
<th>Name of Medicinal</th>
<th>Similarity</th>
<th>Differences</th>
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<tbody>
<tr>
<td>Rhubarb Root and Rhizome</td>
<td>Both are strong purgatives, have the effect of relieving constipation by purgation, and are indicated for the treatment of dry and hard stool due to accumulated excess heat, also can clear heat and relieve swelling, and treat swollen carbuncles and sores through external application</td>
<td>It is bitter and cold in nature, combining with other herbs, can treat constipation with various patterns, also can clear heat and drain fire, resolve toxins, stanch bleeding, invigorate blood and dispel stasis, clear damp-heat, and treat warm disease with high fever, unconsciousness, constipation due to heat bind, bleeding due to blood heat, fire pathogen flaming upward, static blood, jaundice due to damp-heat, and strangury</td>
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<tr>
<td>(da huang)</td>
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<td>(Radix et Rhizoma Rhei)</td>
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<tr>
<td>Sodium Sulfate</td>
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<tr>
<td>(mang xiao)</td>
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<tr>
<td>(Natrii Sulfas)</td>
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</tbody>
</table>
Fan Xie Ye | Sennae folium

- **Temperature:** Cold
- **Taste:** Sweet and Bitter
- **Related to** large intestine
- **Actions:**
  - Unblocks the bowels/laxative (constipation due to heat accumulation)
  - Cools heat (heat accumulation in the intestines)
- **Pharmacology:** laxative, antibiotic, note urine may turn red through use (this is not a problem)
- **Dosage:** 3-9gm
- **Cooking time:** <15 minutes
- **Contraindications:** pregnancy, lactation, during menstrual bleeding, debilitated patients, chronic constipation, haemorroids
Huo Ma Ren | Cannabis semen

- **Temperature:** Neutral
- **Taste:** Sweet; **Site of Action:** spleen, stomach, large intestine
- **Actions:**
  - Moisten the intestine to relieve constipation
  - **Clinical applications:**
    - Constipation due to dryness of intestine
- **Pharmacology:** antiemetic, analgesic, cooling, anti-epileptic, bronchodilating, immunosuppressive, anti-microbial, tumor inhibiting, vasodilating, stimulates appetite and mood.
- **Dosage:** 9-15gm
- **Cooking time:** 20 minutes
- **Precautions:** Overdose can cause nausea, vomiting, diarrhoea, numbness of limbs, restlessness, delirium, coma or mydriasis
Yu Li Ren | Pruni Semen

- **Temperature:** Neutral
- **Taste:** Pungent, bitter, sweet
- Related to spleen, large intestine and small intestine
- **Actions:**
  - Unblock the bowels / laxative
  - Resolves accumulations
  - Generates fluids
  - Promotes urination
  - Breaks up swelling
  - Descend the qi
- **Pharmacology:** Laxative, diuretic
- **Dosage:** 3-9gm
- **Cooking time:** 20 minutes
- **Contraindications:** Yin xu, fluid loss
Song Zi Ren | Semen Pini Koraiensis (Pind Nut)

- **Temperature:** Warm
- **Taste:** Sweet
- Related to lung, liver and large intestine
- **Actions:**
  - Moisten the intestines to promote defecation
  - Moisten the lung to relieve cough
- **Clinical applications:**
  - Indicated for the treatment of constipation due to fluid exhaustion and intestinal dryness, and dry cough due to lung dryness.

**Pharmacology:** laxative

- **Dosage:** 5-10gm
- **Cooking time:** 10-15 minutes
- **Contraindications:** use is prohibited in patients with thin, unformed stool due to spleen deficiency or damp-phlegm pattern
Ba Dou | Crotonis fructus

- **Temperature:** Hot
- **Taste:** Pungent; **Nature:** extremely toxic; **Site of Action:** spleen, stomach, large intestine
- **Actions:**
  - Purge drastically, expel fluid; eliminate phlegm, comfort throat, corrode wound as external use

  **Clinical applications:**
  - Constipation due to cold accumulation
  - Abdominal dropsy and tympanites
  - Inflammation of throat due to phlegm obstruction

- **Pharmacology:** laxative 30-180 minutes post ingestion, anti-bitoic, anti-neoplastic, nephrotoxic
- **Dosage:** 0.1-0.3gm
- **Cooking time:** in pill or powder form
- **Contraindications:** Debilitated patients, pregnancy

### Ba Dou under SUSMP-S10

<table>
<thead>
<tr>
<th>Ba dou</th>
<th>4</th>
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<th>1. Croton tiglium L</th>
<th>Crotonis Fructus</th>
<th>1. 巴豆</th>
<th>Croton Fruit</th>
<th>Plant</th>
<th>S10</th>
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| Schedule 1. | | |
| Schedule 2. | Pharmacy Medicine – Substances, the safe use of which may require advice from a pharmacist and which should be available from a pharmacy or, where a pharmacy service is not available, from a licensed person. |
| Schedule 3. | Pharmacist Only Medicine – Substances, the safe use of which requires professional advice but which should be available to the public from a pharmacist without a prescription. |
| Schedule 4. | Prescription Only Medicine, or Prescription Animal Remedy – Substances, the use or supply of which should be by or on the order of persons permitted by State or Territory legislation to prescribe and should be available from a pharmacist on prescription. |
| Schedule 5. | Caution – Substances with a low potential for causing harm, the extent of which can be reduced through the use of appropriate packaging with simple warnings and safety directions on the label. |
| Schedule 6. | Poison – Substances with a moderate potential for causing harm, the extent of which can be reduced through the use of distinctive packaging with strong warnings and safety directions on the label. |
| Schedule 7. | Dangerous Poison – Substances with a high potential for causing harm at low exposure and which require special precautions during manufacture, handling or use. These poisons should be available only to specially trained or authorised users who have the skills necessary to handle them safely. Special regulations restricting their availability, possession, storage or use may apply. |
| Schedule 8. | Controlled Drug – Substances which should be available for use but require restriction of manufacture, supply, distribution, possession and use to reduce abuse, misuse and physical or psychological dependence. |
| Schedule 9. | Prohibited Substance – Substances which may be abused or misused, the manufacture, possession, sale or use of which should be prohibited by law except when required for medical or scientific research, or for analytical, teaching or training purposes with approval of Commonwealth and/or State or Territory Health Authorities. |

**Schedule 10 (previously Appendix C).** Substances of such danger to health as to warrant prohibition of sale, supply and use – Substances which are prohibited for the purpose or purposes listed for each poison.
Gan Sui | Euphorbiae kansui radix

- **Temperature:** Cold
- **Taste:** Bitter, Sweet, Toxic
- **Related** to Lung, kidney and large intestine
- **Actions:**
  - Promotes urination
  - Dislodges phlegm
  - Resolves accumulation
  - Breaks up swelling
  - Eczema, burns and ulceration
- **Pharmacology:** do not use long term and only by qualified herbalists, laxative,
- **Dosage:** 1.5-3gm
- **Cooking time:** with serving/consumption
- **Contraindications:** debilitated patients (qi, xue, yin, yang xu), pregnancy, renal impairment

Gan Sui under CITES: Appendix II

- Appendix II lists species that are not necessarily now threatened with extinction but that may become so unless trade is closely controlled. It also includes so-called "look-alike species", i.e. species whose specimens in trade look like those of species listed for conservation reasons (see Article II, paragraph 2 of the Convention). International trade in specimens of Appendix-II species may be authorized by the granting of an export permit or re-export certificate. No import permit is necessary for these species under CITES (although a permit is needed in some countries that have taken stricter measures than CITES requires). Permits or certificates should only be granted if the relevant authorities are satisfied that certain conditions are met, above all that trade will not be detrimental to the survival of the species in the wild. (See Article IV of the Convention)

https://www.cites.org/eng/app/index.php
Da Ji | Euphorbiae pekinensis radix

- **Temperature**: Cold
- **Taste**: Bitter, pungent, toxic
- **Related** to lung, spleen, and kidney
- **Actions**:
  - Promotes urination
  - Dislodges phelgm
  - Breaks up swelling
  - Softens hardness
  - Breaks up blockage
- **Pharmacology**: purgative
- **Dosage**: 1.5-3gm
- **Cooking time**: 20 minutes
- **Contraindications**: pregnancy
Yuan Hua | Genkwa flos

- **Temperature:** Warm
- **Taste:** Pungent
- **Related** to lung, spleen and kidney
- **Actions:**
  - Promotes urination
  - Transforms phlegm
  - Disinfects and detoxifies
  - Antiparasitic
- **Pharmacology:** laxative, anti-tussive, expectorant, analgesic, antibiotic, diuertic
- **Dosage:** 1-3gm
- **Cooking time:** <3 minutes
- **Contraindications:** Weak patients or suffering from a disorder involving bleeding, patients with a past history of cancer, CVD or impaired renal function, pregnancy
Patient 5.1 (female 7 years) presents with constipation 1x/3days with a final product that is a very dry stools. She has been suffering with the condition for >4 weeks and also comments that she has a dry mouth and a burning sensation when she attempts to pass a bowel movement.

**Clinical Assessments:**
- Other: Dry mouth
- Pulse: Full and rapid
- Tongue: Thick/yellow/dry tongue coating

What is the diagnosis, treatment principles and herbal agents that should be used here?
Aromatic Herbs that Transform Dampness

- “Herbs with fragrance and warm-dry nature that can resolve dampness and improve the spleen’s transportation is known as damp-resolving medicinal” (Teng Jialin, 2007)

- The herbs in this category are pungent and aromatic in taste and are especially useful in the transformation of dampness.

- They can also be used to clear summer heat conditions.
Herbs That Transform Dampness

- The spleen likes dryness and dislikes dampness, “earth (spleen) likes warm and is fond of fragrance.”
- The herbs in this chapter are acrid, fragrant, warm and dry, and mainly act on the spleen and stomach channels, can promote the spleen-stomach transportation and transformation, and eliminate damp turbidity, which are called by the predecessor as “awaken the spleen” or “awaken the spleen and remove dampness.”
- Meanwhile, the acrid property can show the effect of moving qi; the fragrant property can show the effect of unblocking qi; both can promote the qi movement in the middle jiao to remove the syndrome of qi stagnation in the spleen-stomach caused by damp-turbidity. In addition, some medicinals also can remove pathogenic qi in four seasons depended on its acrid-fragrant, and warm-dry properties, and have the effects of resolving summer heat, dispelling filth, opening the orifices and preventing attack of malaria.
- Herbs that transform dampness are mainly indicated for the treatment of pǐ (痞) and fullness in the stomach cavity and abdomen, vomiting and acid regurgitation, thin and unformed stool, less eating and fatigue, sweet taste in the mouth with more drool, white and greasy tongue coating caused by damp-turbidity obstructed in interior, damp encumbering the spleen, transportation, and transformation disorder. Moreover, they have the effect of resolving summer heat with aromatics, and can treat syndrome of damp-warmth, summer heat-damp in the initial stage, or damp-heat accumulated in interior, accompanied by unsurfaced fever, distention and oppression in the chest and stomach cavity. Some medicinals can be used for the treatment of pestilence or epidemic, and malignant malaria.
- Aromatic medicinals that remove dampness have a certain therapeutic effect on chronic gastroenteritis, gastroneurosis, gastrointestinal type cold, acute gastroenteritis, and typhus abdominalis in modern medicine, respectively.

Aromatic herbs that Transform Dampness

- **Huo Xiang** | Agastachis herba
- **(Bai) Dou Kou** | Amomi fructus rotundus
- **Cang Zhu** | Rhizoma Atractylodis
- **Hou Po** | Cortex Magnoliae Officinalis
- **Sha Ren** | Amomi xanthioidis fructus
- **Pei Lan** | Eupatorii herba
# Aromatic - Chinese Herbal Medicine Summary

<table>
<thead>
<tr>
<th>Action: Strongly aromatic herbs which dry damp</th>
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<tbody>
<tr>
<td>**Cang Zhu</td>
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<tr>
<td>**Hou Po</td>
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<table>
<thead>
<tr>
<th>Action: Drains damp, Relieves summer heat</th>
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<tbody>
<tr>
<td>**Huo Xiang</td>
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<tr>
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<tr>
<td>**Pei Lan</td>
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</tbody>
</table>
## Aromatic - Chinese Herbal Medicine Summary

<table>
<thead>
<tr>
<th>Action: Promotes qi flow, Drains damp</th>
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<tbody>
<tr>
<td><strong>Sha Ren</strong></td>
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<tr>
<td><strong>Bai Dou Kou</strong></td>
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<table>
<thead>
<tr>
<th>Action: Dries dampness, warms the middle burner</th>
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<tbody>
<tr>
<td><strong>Cao Guo</strong></td>
</tr>
</tbody>
</table>
(Guang) Huo Xiang | *Pogostemon cablin herba*

- **Temperature:** Warm
- **Taste:** Pungent and Aromatic; **Site of Action:** spleen, stomach, lung
- **Actions:**
  - Resolve(transforms) dampness
  - Stops vomiting
  - Dispels summer heat

**Clinical applications:**
- Retention of dampness in the middle Jiao
- Vomiting
- Early stage of summer-damp and damp-warm syndromes

- **Pharmacology:** antibiotic and antifungal, upregulates gastric secretions
- **Dosage:** 3-10gm
- **Contraindications:** Yin xu (with fire), Spleen xu and Stomach fire

Shen Y 2015, *HuoXiang*
(Bai) Dou Kou | *Amomum kravanh fructus*

- **Temperature:** Warm
- **Taste:** Pungent and Aromatic; **Site of Action:** lung, spleen, stomach
- **Actions:**
  - Transforms dampness
  - Moves and regulates the qi
  - Warms the middle and relieve vomiting

**Clinical applications:**
- Retention of dampness in the middle Jiao/qi stagnation in Sp & St
- Vomiting

- **Pharmacology:** upregulates gastric secretions, stimulates peristalsis, antiemetic
- **Dosage:** 1-6gm
- **Cooking time:** add later to the decoction
- **Contraindications:** Yin xu, blood xu, use with caution in conditions of damp-cold
Cang Zhu | *Rhizoma Atractylodis*

- **Temperature:** Warm
- **Taste:** Pungent and Aromatic; **Site of Action:** liver, spleen, stomach
- **Actions:**
  - Dry dampness and invigorate the spleen
  - Dispel wind-damp
  - Disperses cold and release the exterior

**Clinical applications:**
- Retention of dampness in the middle
- Bi-syndrome of wind-damp
- Exterior wind-cold syndrome

- **Dosage:** 3-9gm
- **Contraindications:** Contraindicated in yin deficiency with interior heat, profuse sweating due to qi deficiency
Hou Po | Cortex Magnoline Officinalis

- **Temperature**: Warm
- **Taste**: Pungent and bitter; **Site of Action**: spleen, stomach; lung and large intestine
- **Actions**:
  - Dry dampness and eliminate phlegm
  - Drive qi downward
  - Remove stuffiness

**Clinical applications**:
- Retention of dampness in the middle
- Food accumulation and qi stagnation
- Dyspnea and cough due to phlegm and fluid

- **Dosage**: 3-9gm
- **Precautions**: careful use in Qi deficiency with fluid consumption or pregnancy
Sha Ren | *Amomum xanthioidis fructus*

- **Temperature:** Warm
- **Taste:** Aromatic; **Site of Action:** spleen, stomach
- **Actions:**
  - Resolve dampness
  - Harmonizes and tonifies the spleen
  - Moves and regulates the qi
  - Warm the middle
  - Calms the fetus

**Clinical applications:**
- Retention of dampness in the middle
- Vomiting and diarrhea due to sp & st xu
- Morning sick and threatened abortion of qi stagnation

- **Dosage:** 3-6gm
- **Cooking time:** add later to the decoction
- **Contraindications:** Yin xu (with fire); blood dryness

Shen Y 2015, ShaRen
The differentiation between Sha Ren and Dou Kou

<table>
<thead>
<tr>
<th>Villous Amomum Fruit (sha ren) (Fructus Amomi)</th>
<th>Both are miracle medicinals that awaken the spleen and increase appetite, can remove dampness and move qi, warm the center and arrest vomiting, and arrest diarrhea, and often combine with each other to treat the patterns of dampness obstructing in the middle jiao and qi stagnation in the spleen and stomach.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Round Cardamon (bai dou kou) (Fructus Amomi Kravanh)</td>
<td>Its warm and dry properties and the effects of removing dampness and moving qi are stronger than that of Fructus Amomi Kravanh (bai dou kou), and it is partial to the middle and lower jiao. It is more for warming the spleen and good at arresting diarrhea, and often used for the treatment of the more severe syndrome due to cold-damp coagulating and obstructing in the middle jiao.</td>
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<td>Its effects of removing dampness and moving qi are partial to the middle and upper jiao. It is often used for the treatment of damp-warmth in the initial stage with pî and oppression, is more for warming the stomach and good at arresting vomiting. It is also suitable for the treatment of the mild syndrome due to cold-damp encumbered in interior.</td>
</tr>
</tbody>
</table>
Pei Lan | Eupatorium fortunei herba

- **Temperature:** Neutral
- **Taste:** Pungent and Aromatic
- **Actions:**
  - Transforms dampness
  - Harmonizes and tonifies the spleen
  - Clears summerheat
  - Moves the blood
  - Release the exterior
  - Moves and regulates the qi
- **Pharmacology:** antiviral and diaphoretic
- **Dosage:** 5-10gm
- **Cooking time:** 20 minutes
- **Contraindications:** Yin xu

The differentiation between Huo Xiang, Hou Po and Cang Zhu

<table>
<thead>
<tr>
<th>Name of Medicinal</th>
<th>Similarity</th>
<th>Differences</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eupatorium (pei lan)</td>
<td>Both are acrid-fragrant in flavor, can remove dampness, resolve summer heat</td>
<td>It is neutral in nature, the effect of releasing the exterior is less than that of Herba Pogosemonis (guang huo xiang), is good at removing internal dampness and dispelling filth, and can treat sweet taste and greasy sensation in the mouth, bad breath, drooling and bad breath due to damp-heat in the spleen channel.</td>
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<tr>
<td>(Herba Eupatorii)</td>
<td>and release the exterior so as to treat syndromes due to dampness</td>
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<td>obstructing in the middle jiao, externally-contracted summer heat-damp and</td>
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<td>and damp-warmth in the initial stage. Both often combine with each other to use</td>
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<tr>
<td>Cablin Patchouli</td>
<td>Both are aromatic medicinals that remove dampness, are acrid-bitter in flavor</td>
<td>It is acrid, slightly warm but not dry-heat in nature, is an essence aromatic medicinal that remove damp-turbidity. It has a stronger effect of releasing the exterior, and is more used for externally-contracted exterior pattern. It also can remove dampness and harmonize the center and arrest vomiting, and is suitable for the treatment of nausea and vomiting due to dampness obstructing in the middle jiao.</td>
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<tr>
<td>(guang huo xiang)</td>
<td>and warm in nature, can dry dampness and activate spleen, often combine with each other to treat the syndrome due to dampness obstructing in the middle jiao with distention and fullness in the stomach cavity and abdomen, poor appetite, nausea and vomiting, fatigue, and turbid greasy tongue coating</td>
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<td>(Herba Pogosemonis)</td>
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<tr>
<td>Magnolia Bark (hou po)</td>
<td>Both are aromatic medicinals that remove dampness, are acrid-bitter in flavor and warm in nature, can dry dampness and activate spleen, often combine with each other to treat the syndrome due to dampness obstructing in the middle jiao with distention and fullness in the stomach cavity and abdomen, poor appetite, nausea and vomiting, fatigue, and turbid greasy tongue coating</td>
<td>Its effect of drying dampness is less than that of Rhizoma Atractylodis (cang zhu). It can move qi and disperse food accumulation so as to treat distention and fullness in the stomach cavity and abdomen caused by dampness obstruction and food accumulation syndrome. It is an essential medicinal that eliminates distention and fullness. It also has the effects of lowering qi and relieving panting.</td>
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<td>(Cortex Magnoliae Officinalis)</td>
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<tr>
<td>Atractylodes Rhizome</td>
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<td>It is an essential medicinal to treat the syndrome due to dampness obstructing in the middle jiao, can both dry dampness and fortify the spleen, is often used for the treatment of phlegm-rheum, edema and morbid leukorrhea due to exuberance of spleen-dampness; also can dispel wind-damp, induce sweating and improve vision so as to treat bi syndrome due to wind-cold-damp, externally-contracted wind-cold complicated by dampness, night blindness and blurred vision.</td>
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<tr>
<td>(cang zhu)</td>
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<tr>
<td>(Rhizoma Atractylodis)</td>
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Aromatic Herbs that Open the Orifices

- “These herbs open the sensory orifices and are used to treat blockages or closure syndromes”.

- They are typically applied in the management of the following conditions:
  - Counterflow qi and blood, phlegm, ascendant yang that leads to blockage of the orifices (with loss of consciousness, lockjaw and rigid limbs);
  - Blockage or occlusion due to heat or fire leads to high fever, irritability, red face, difficult breathing and warm limbs. Herbs in this category include Bing Pian, Niu Huang, Yu Jin, Lian Qiao.
  - Blockage or occlusion due to cold leads to cold limbs, pale complexion, thick tongue coating, deep, wiry pulse. Herbs in this category include Chang Pu, Huo Xiang, Pei Lan, Su He Xiang.

- The herbs in this category are very pungent and have a strong aromatic taste and warm or heat temperature. They move qi quickly and are able to penetrate the tissues, break up obstructions and revive consciousness.
Aromatic Herbs that Open the Orifices

- **Chang Pu | Acori rhizoma**
- **Su He Xiang | Styrax**
(Shi) Chang Pu | Acori rhizoma

- **Temperature:** Warm
- **Taste:** Pungent and Aromatic
- **Actions:**
  - Drains damp
  - Dislodges phlegm
  - Transforms cold phlegm
  - Opens the orifices
  - Harmonizes and tonifies the spleen and stomach
  - Drain damp heat
  - Moves and regulates the qi

**Clinical applications:**
- Accumulation of phlegm and coma of sthenia type
- Fullness of the chest and stomach, distending and oppressive pain
- Anorectic dysentery / Insomnia and forgetfulness; tinnitus and deafness

- **Pharmacology:** upregulates salivary and gastric secretion, relieves cramping.
- **Dosage:** 3-9gm
- **Cooking time:** 20 minutes
- **Contraindications:** Yin xu (with heat), and excessive sweating conditions

Shen Y 2015, *ChangPu*
Su He Xiang | Styrax

- **Temperature:** Warm
- **Taste:** pungent, sweet, aromatic
- **Actions:**
  - Open the orifices
  - Restores consciousness
  - Removes wind obstruction
  - Channels wind phelgm
- **Pharmacology:** Anti-PAF, antibiotic, antiinflammatory
- **Dosage:** 0.3-1gm
- **Cooking time:** Do not boil – add at the end
- **Contraindications:** Very high fever, coma, spontaneous sweating, collapse, use with care in pregnancy

Patient 5.2 (female 26 years) presents with bloating and fullness of the abdomen. The condition commenced <2 weeks prior to presenting to your clinic. The condition is also associated with diminished appetite, a feeling of heaviness and a loose stool with an offensive odour.

**Clinical Assessments:**
Other: Dry mouth
Pulse: Slippery and slightly rapid
Tongue: Sticky yellow coat

What is the diagnosis, treatment principles and herbal agents that should be used here?
COMMONWEALTH OF AUSTRALIA

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